Sierra Army Depot, Herlong, CA

Vol. 62 No. 8

# MG Mongeon Tours SIAD

#### by Bruce Hamilton Deputy Director, **Mission Operations**

On July 28th, Major General Daniel G. Mongeon, Director of Logistics Operations, J-3, at the Defense Logistics Agency, visited Sierra Army Depot. Mr. Vince Sabatino had requested that he visit SIAD and become familiar with our different operations. The two specific operations that he wanted to key on were the AJ1 Reverse Pipeline and the Configured Loads programs. LTC Butler and Vince Sabatino presented the Command Briefing and Mike Pilkington presented the AJ1 briefing. After these briefings, an overall tour of SIAD

was conducted with specific emphasis on Configured Loads and the AJ1 Reverse Pipeline operations. The tour of AJ1 operations was handled by John Dingman. John elaborated to MG Mongeon the receiving and shipping processes that SIAD utilizes. Many questions were presented concerning the type of materials that are coming into the operations from SWA. MG Mongeon made numerous comments



John Dingman, AJ1 Branch Chief for AMI/NAMI, (2nd from left), takes MG Mongeon on a walking tour of the containers in AJ1

concerning the big impact that SIAD was having on the Reverse Pipeline operation. He was thoroughly pleased with the SIAD operations but had several questions on the type of product that was being sent back from theater for re-distribution and the cost benefit to the Army. The next stopping off point was at Igloo 408 where Blake Marsters was prepared and discussed our current configured loads operations.

During his discussion, Meg Hill from SIAD took center stage and explained in detail the "whole" story behind Configured Loads and the transition to customized expeditionary support packages. It appeared that MG Mongeon was captivated in her discussion and knowledge in the program. From their discussions, MG Mongeon turned to LTC Butler and said "she needs to be at the ESP ICT Meeting on 16 September and make a presentation." Meg Hill reiterated SIAD's position and desire to stay part of the Configured Loads deployments. A stop was also made at our local DRMO facility. During this visit several items were noted and questions were raised as to how items had made it to the DRMO side. It became apparent that additional controls will be needed in order to

have a "challenge" process embedded in the future. The final out-brief offered us a blend of discussions concerning DRMO activities, possible future DLA/ SIAD Cooperative Work and different possible scenarios for expeditionary support packages. Overall the comments received were very favorable and he was quite impressed with our operations.

## Congressman Doolittle Addresses Sierra Workforce



Congressman Doolittle visited Sierra Army Depot in August to thank the employees for their dedication and hard work in supporting the warfighter. He made a stop at building 150 to address some of the employees and to congratulate them on surviving the latest round of BRAC (Base Re-Alignment and Closure). He then proceeded out to building 307 to personally thank the workforce for their efforts on the up-armored door kits and the M939 tire conversion kits.

## Commander's View

I can't believe that a month has already flown by. I've spent a great deal of time over the last several weeks visiting work areas and talking to our employees, and I'm continuously impressed by the knowledge and professionalism all of you bring to the fight. Thank you all for what you do for the Depot and the Army.

I'd like to congratulate all of you on the overwhelmingly positive comments I've received from VIPs over the last several weeks as they relate to Sierra and our employees. Both Major General Mongeon, Defense Logistics Agency, and Congressman Doolittle recently visited our facilities, and both had nothing but great things to say regarding the value of our workforce and the importance of the Depot to our national defense. Good job, and keep up the great work!

I've received several questions over the last few weeks regarding the future of SIAD over the next fiscal year, and I'm pleased to say that I'm confi-



Lieutenant Colonel Brian Butler

dent it's a bright one. This time of year always brings about concerns over what the next will bring in terms of workload for Sierra. Rest assured that we have the support of our higher headquarters as we work to solidify programs for the upcoming year to ensure we remain a viable logistics activity fully engaged in supporting Sol-

I would like you all to continue to focus on safety and the prevention of

sexual harassment in all of our work areas. Our efforts to this point have been good, but we can do better. Both of these areas are critical to the well being of our employees on and off the job, and have a direct affect on productivity and employee morale. Anything but 100% compliance in either of these areas degrades our ability to perform our mission, affects everyone, and will not be tolerated. I encourage you all to take proactive steps in enforcing safe and proper conduct in the workplace, and to report any violations to your supervisor, the Equal Opportunity Office or Safety Office as appropriate.

As a reminder, the Commander's Hotline (827-4249) is available at anytime to inform me about your issues or concerns. I encourage all of you to help me help you by calling in and letting me know what's on your mind.

Have a safe month, and let's get to work!

## Six Sigma

**Process Improvement** 

does it mean to you?

Higher Headquarters has directed that we will employ Six Sigma in addition to Lean, so what is it and what

Six Sigma is a philosophy that uses data and statistical tools to represent the amount of variation present in a process relative to customer specifications or requirements. It is a measure of quality that strives for near perfection. For most of us, confusion starts after the first few words. And although we may need to have a basic understanding of it, the good news is, most of us will not have to use it.

Six Sigma is directed mainly at the supervisory and technical specialist level. In a nut shell, it is a data driven approach to eliminate defects and measure quality that is used to improve our processes and products. In other words, Lean is a hands on improvement process that starts at the ground level, using the people that do the work, to improve the process and measure its success. Six Sigma is a higher level of Lean, and uses selected experts to accomplish basically the same thing.

Simpler consultants are conducting training at Sierra Army Depot on Problem Solving and Corrective action, the basics of Six Sigma. Phase 1 is scheduled for 4-6 October 2005, Phase 2 will be from 1-3 November 2005. Personnel attending this training need to be either at the supervisory or technical specialist level.

Both Lean and Six Sigma are intended to make us better at what we do, no matter where we do it and can be applied to everything from production to administrative processes. Both are paths to the same goal, to provide the best service at the lowest and most cost efficient price, to our customers, the soldiers that we support.

All employees can review the Lean/Six Sigma Policy Letter and SOP on the Sierra Army Depot Intranet by clicking on the Lean Logo.



## The Union's Position: AFGE, Local 1808

Union Members: This year's Annual Union Dinner/Dance will be held on Oct. 21st at the Reno Hilton, the dinner is free to union members and one guest, additional guests are welcome at a cost of \$35 per guest (payable when making reservation). This year's music will be provided by "Those2Girls" and there will be raffle prizes galore, raffle tickets will be \$.50 or three for a dollar, the Grand Prize will be provided by the Reno Hilton. The Reno Hilton is offering rooms for \$69+ tax. You have the option of staying Friday night or Friday and Saturday night at this rate. You must make your own reservations. Each Union member will receive a flyer in the mail with instructions on how to get the special room rate for the Dinner. To make your reservations to attend the dinner, call Sue Leslie x4286, Cecil Fain x4110, or Dana Landry at x4344. Dinner reservations must be made no later than COB 13 Oct 05. If you make reser-



James Swistowicz, President vations and cannot attend please call and cancel your dinner reservations. Hope to see all our members there for dinner, dancing and lots of fun! Each union member will receive a flyer in the mail with all the information needed to attend our dinner.

#### **Electronic Statements Through** myPay

1. The Department of the Army will be offering a new way to view civilian Leave and Earnings Statements (LESs) through the Defense Finance and Accounting Service's (DFAS) SmartDocs.

Beginning 26 September 2005, employees will receive an email notification that their SmartLES is available, including a hyperlink to the site where you can view your SmartLES: https:// mypay.dfas.mil.

2. The SmartLES is an enhanced LES product that contains two types of embedded links. One provides an explanatory text about information in specific blocks on the LES; the other allows comparison between current data and the previous pay period data. The block titles are highlighted in blue. Click on them, and text boxes will appear, explaining the type of data in that block. The information in green indicates data that has changed from the prior LES. Click on the green text to compare current data with data from the prior pay period. The SmartLES even provides detail on leave used during the pay period and dynamic links to other applications and web sites, such as OPM. See Page 9, Union

## hallenge

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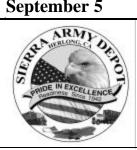
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\_ Lt. Col. Brian Butler

Lori McDonald

Lynn Goddard





I recently had the opportunity to spend three weeks at Sierra Army Depot. The majority of my time here was spent with DOIM. I had a really great time getting to know everyone and working on several projects. Essentially I did two things at Sierra. First I, working with DOIM, helped set up new printer software. This new software is a more up to date software that should be much more reliable than the older version. This is one of the things that goes on behind closed doors but really is essential for everyone to be able to function. After this project was complete, I was tasked with putting together a new set of servers. Along with Allen Vanderville and BJ Beddingfield, I was able to set up a new server rack and install the operating systems for it. This project took a while longer than the first one and I enjoyed it thoroughly. I am glad that I was able to help Sierra Army Depot in technology upgrades. I am also glad that I was able to do hands-on projects and learn many things that I am not able to learn in school for one reason or another. I would like to thank everyone at Sierra for helping me to have a great experience.

Sincerely, CDT Zachary Pfannenstiel USMA 2007

I would like to have a collage of group photos of all of the different organizations around depot for the December Challenge. If you would like to have your organization photographed for the Challenge please call to schedule with Lynn x4290 or the work order desk x4357.

If you would like to submit an interesting article about your organization or job, I would love to hear from you. I'll be happy to come out and photograph your work site. I am particularly interested in **Mission Articles** at this time. Email me (Lynn Goddard) your article, or call me x4290.

## A Short History of the SIAD Telephone Switch

by Mike Swift

#### **Telecommunications Specialist**

For approximately the last thirtyeight years P-51 has been the location for all telephone switch services. Rumor has it that prior to the mid sixties the basement of P-1 housed a small electro-mechanical switch that provided the depot with basic communication service.

The "X-Y" years, 1967- January 15th 1988 - Back about 1967 a Stromberg Carlson X-Y switching system was installed in P-51. It had a capacity of 600 lines. The old X-Y had originally been installed at a place called Igloo South Dakota in 1960, then deinstalled about 1965 and moved here for service. Class of service choice was either "C" or "A", and the only feature it could provide was sequential hunting if required. There were two corded type switchboard positions and one corded test board that still sits in the switch room. The switch room was very noisy with hundreds of relays clicking and switches stepping and connecting or releasing. This was long before FTS, and we didn't have many outside trunks to connect to. Hence, a lot of competition for what trunks we did have. It was a very maintenance intensive switch. By the time I got through doing all the PM's on the switch it was time to start over. However, once you knew how to adjust relays according to specifications with a milliamp meter and spring bender it was easy to keep up on the switch. Life was noisy, life was simple.

GTD-5/MV years, January 15th, 1988 -July 21st, 2004 - January 15th 1988 was the beginning of modern telephone switching at SIAD. The new switch was digital and had a capacity of 1000 lines, and more trunk capacity than we could have used. The cutover went better than any I had worked on while employed with Pacific Telephone in the mid to late 70's. I think we had about six lines that didn't come up in the cutover, and that was due to an office moving near cutover time and the records not getting posted. There were very few PC's around during this time so most record keeping was pencil and paper. The switch itself could have been expanded out to over 140,000 lines if we had the room to install all the equipment. This was the first time we could support touch-tone dialing, and a multitude of features such as call pickup, hold, and transfer from a basic single line phone. The GTD-5/ MV (GTE class 5 switch, Military Version) was easy to get to like once you knew the programming language.

Almost every piece of hardware had a duplicate copy. We had three processor types and every processor had a copy of the hardware and of processor memory. We could have one copy down for maintenance and never drop a call. It used about half the floor space of the X-Y switch but consumed a lot of power and exhausted a lot of heat. It was however the most reliable switch I had worked on in my career. In 2003 I learned we would be replacing the old GTD-5. We had come a long way from the X-Y, with many classes of service now. We could custom tailor a basic class A and modify it to an individual's requirement. By the time our switch was doomed we had added another 400 lines, Voice Mail and ISDN service. The ISDN service was needed to replace the old manufacture discontinued proprietary GTE "Ally" Feature phones. Life was still noisy, life was

5e- VCDX years, July 21st **2004 thru today** - The 5e-2000 VCDX is a Lucent Technologies class 5 electronic switch, Very Compact Digital Exchange. The VCDX takes up about 1/4th the floor space of the GTD-5/MV and consumes about 1/3<sup>rd</sup> the power. An analog POTs (Plain Old Telephone service) card in the GTD-5 M/V had a capacity of eight lines. The 5e has thirty-two POTs ports per card. ISDN and DSL had four lines in the GTD-5 M/V and 16 lines in the 5e. We also regained a lot of space on the horizontal main distributing frame from the wiring block concentrations. We made the dialing plan and the classes of service as near to the GTD-5/MV switch as we could to keep the depot up and running without any new codes or dialing plans for existing service. I believe in the KISS principal and after the cutover, I found out some folks didn't know that we changed switches! It was a lot of work by everyone involved. The Lucent contract software engineers worked very hard to keep up with any

changes that were going on. We now have ISDN "PRI" (trunk side) service on the FTS and DSN trunks. Switching through these networks is now faster and clearer than before. We also have a new voice conference bridge. We reused our Pair Gain device for building 357, backup batteries and voice server, but everything else was replaced. This cutover was a lot more involved than the one in 88'. We installed and cutover to a new fiber cable between P-51 and Frontier's office near the old title eight area. We installed new DSN and FTS PRI service, and new Frontier T-1 service over the fiber spans. We condensed two Frontier T-1 spans into one saving some money along the way. Software wasn't a concern in the prior cutover as there was none. Last year we had all the different classes of service, attendant group, ICOM groups, voice mail, and ISDN phones to remap. We had more information to gather, use and share. Trying to keep track of two running switch databases was not an easy task. Ed Whiteman, a former Lucent employee now retired and a part time contract worker for Lucent, did an excellent job of keeping up with his end of the 5e changes and holding his temper. Fortunately everyone involved had a PC, email and voice mail services that were not readily available years ago. Some things are harder to do in the 5e, some things are easier. It's been just over a year since we cut the 5e switch into service and we have had no "Switch" service outages. Time will tell if this switch will be as good as the GTD-5 M/V. The 5e has some big shoes to fill in the "dependable" category. If the last year is any indication of what's coming in the future, I think things will be just fine. The good news is that the 5e is certified by JITC, draws a lot less power, and the air conditioner doesn't have to work as hard. Life is somewhat less noisy, life is well, not so simple anymore.



Director of
Information
Management Rick
Lambert and
Telecommunications
Specialist Mike
Swift proudly
display the
certificate that
Mike received for
organizing and
directing a
seamless switch
cutover earlier
this year.

## Emergency Services

## Sierra Conducts Mass Casualty Exercise



This is what the scene looked like at the Mass Casualty exercise held in August 2005. A manequin was posed as the driver of the vehicle.

#### by Rob Harnden Military Training Coordinator

"Nine one, one, what's your emergency?" asks the police dispatcher on the emergency phone. The caller on the other end pre-empts his conversation, confirming that this is a test exercise. "Hey!" the excited role player shouts into the telephone, "We just heard an explosion outside! I think maybe a truck blew up or something!" The Security Police dispatcher calmly asks the caller for his location, and in an attempt to gather more information is hung up on... and the exercise begins. Thursday, 10 August 2005, exercise controllers and evaluators from the Anti-Terrorism Force Protection (AT/FP) Working Group conducted a depot-wide exercise to test the readiness and response of the DoD Police/ Security forces, the SIAD Fire Protection Division, and the Crisis Management Team at Sierra Army

Depot. The exercise revolved around a chemical spill during a truck transport accident on the installation. Members of the AT/FP Committee manned the Operations Center to give guidance and discuss solutions to the emergency at hand. Training objectives for the SIAD exercise included depot employee personnel accountability, consequence management, testing of emergency notification systems, and off-depot notifications. Fire, Security, and Emergency Services were evaluated in the following areas; Hazard Identification, Activation of a Field Command Post, Containment, and other Major-Command driven objectives for maintaining an effective, ready response to a mass casualty. To add realism to the exercise, the AT/FP Working Group controllers and evaluators had an already damaged vehicle placed on it's side in a busy intersec-



Firemen Barry Spratt and Chris Zahara extract and rescue the mannequinn from the drivers seat of the burning vehicle.



Soldiers from the 94th Combat Support Hospital (CSH) participated as role players in the exercise by running out to see about the accident and being overcome by chemical fumes, and later rescued by firemen.

tion within the depot storage area. With the assistance of SSG George Paine, an instructor of the 92F10 MOS Petroleum Supply Specialty skills training school at SIAD, a burn pan was set on fire near the vehicle. SSG Paine also operated the ten thousand pound capacity forklift needed to put the vehicle into place at the accident site. Mannequins were used as vehicle accident casualties, and volunteer soldiers from the 94th Combat Support Hospital acted as nearby role players that became overcome by vapors from the damaged gas cylinders. No actual chemicals were ever released into the atmosphere, and at no time were any role players in any actual danger of being burned or injured. Safety is always of utmost concern whenever we exercise, for both role players and first responders. Gene Koehler, Director of Emergency Services, summarized

the outcome of this exercise with the following statement: "While we were not able to accomplish all of the exercise objectives that had been established prior to the scenario development and exercise planning, we were able to identify several areas for immediate improvement in our depot force protection plan. Quite specifically, we need to be able to communicate. We will be conducting another exercise during the month of September, so that the remaining objective can be met, as well as testing some of the changes resulting from this exercise. It is imperative that our employees know that it is impossible to develop contingency plans for every possible scenario. However, with good communication and leadership, we can articulate specific guidance and adapt current plans to facilitate most probable scenarios."



Firemen Chris Zahara and Barry Spratt carry Spc. Via Jackson, role playing as an unconcious victim, to the decontamination zone, where fireman Mike Hall awaits with the hose.

## Alvarez Says....



I would like to open up a forum in which we here at the Law Enforcement Division can pass on snippets of information to Sierra Army Depot employees. Here are a few of this months snippets:

A. The Police Desk receives many 911 call hang ups. Most of the time it's just someone trying to dial off Depot. We at the Police Desk, like all 911 Operators must follow up by sending a Patrol to investigate. If you realize that you have dialed the Emergency Hotline, and you don't have an emergency, stay on the phone anyway and explain what it was you were attempting to do. When we receive a 911 call followed by a hang up we must consider the fact that there could be an employee lying next to his or her desk incapacitated or being held hostage.

- B. Here is three easy ways to avoid most Depot traffic citations:
- 1. Come to a "complete" stop at all posted stop signs.
  - 2. Wear your seat belt.
  - 3. Obey the speed limits.

Having a valid driver's license, registration and insurance in your privately owned vehicle wouldn't hurt

Stay safe, and drink plenty of wa-

Sergeant Alvarez

#### DO YOU KNOW WHAT TO DO WHEN YOU HEAR THE EMERGENCY SIREN?

by Veronica Morgan Force Protection Specialist

The Depot siren warning system is a multi-use system designed to provide an alert notification to depot employees. In an actual emergency, a three to five minute continual steady tone siren would be used to get attention and alert everyone to prepare to receive emergency information. This siren system may also be used if the Commander orders an evacuation of the depot; in and of itself, activation of the siren is not the signal to evacuate the depot. SIAD employees who hear a siren should report to their mustering point to await further guidance. Employees who are outside when they hear the warning, should notify persons inside that the siren has been activated; at a minimum, employees should pass

notification of an alert notification up the supervisory chain. If you are not sure where your mustering point is, ask your supervisor. Most likely it is where you meet to receive your work instruction at the beginning of your shift. Supervisors will take a head count to assure all employees are accounted for and report, by name, that information back to their directorate point of contact. During an emergency, all employees are asked to stay off the telephones to assure the lines do not get jammed and necessary communication can proceed. If an evacuation of the depot is deemed necessary, supervisors advise employees and additional instruction is provided; employees may be instructed to go to a specific emergency evacua-

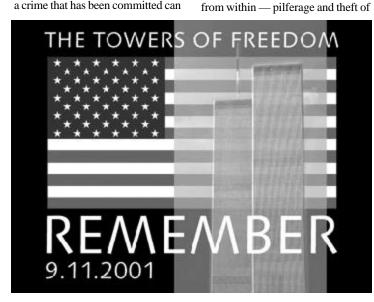
tion site that will be designated at that report that criminal act to the depot criminal investigator simply by dialing: CRIME (27463). All five letters (or numbers) must be dialed. The intent of the "CRIME" hotline is to provide a conduit whereby employees who witness crime (generally, the theft of government property) can report it, while at the same time having the ability to remain anonymous (if that is their desire). At present, the largest criminal threat to Sierra Army Depot comes

time. Sierra Army Depot siren warning system is not sophisticated with different tones/sounds for different types of emergencies; we are pursuing various funding options to upgrade our current system and increase the number of siren locations. The system is not designed to be able to be heard by every employee in every facility or at every location on the depot; the notification system relies on word-of-mouth once the warning siren has stopped sounding. The emergency sirens are tested the first Monday of each month at 1130 with a one-minute steady tone. If the first Monday falls on a holiday, the sirens will be tested the following Monday. Emergency sirens are located on buildings P-2, 203, 520, and 670.

government equipment and supplies by government employees. Theft of government equipment and supplies directly, and adversely, impacts mission readiness; stolen equipment is not available for use on the job when it is needed. Theft of government equipment and supplies adversely impacts funding; money used to replace stolen equipment and supplies can not be used to improve depot working conditions. And, in the macro scale, a portion of our taxes go to fund all of those requirements. Employees need to do what is right - don't steal. Those of us who do, steal from each of us. And it is up to each of us to put an end to it: dial



With the support of the Directorate of Information Management, we have established a "Report Crime" Hotline. Employees who have personally observed, or have information of a crime that has been committed can



## "ICE" Your Cell Phone!

Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE. ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone no. of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do. Paramedics know what ICE means and they look for it immediately. ICE your cell phone NOW! Following the disaster in London . . . Emergency Ambulance Services have launched a national "In case of Emergency (ICE) "campaign with the support of Falklands war hero Simon Weston. The idea is that you

store the word "ICE" in your mobile phone address book, and against it enter the number of the person you would want to be contacted "In Case of Emergency." In an emergency situation, ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. It's so simple that everyone can do it. Please do. For more than one contact name ICE1, ICE2, ICE3 etc.

# **Practice Home**

"CRIME".



## Fire Escapes

Practice escape plans every month. The best plans have two ways to get out of each room. If the primary way is blocked by fire or smoke, you will need a second way out. A secondary route might be a window onto an adjacent roof or using an Underwriters Laboratory approved collapsible ladder for escape from upper story windows. Make sure that windows are not stuck, screens can be taken out quickly and the security bars can be properly opened. Also, practice feeling your way out of the house in the dark with your eyes



It might look like a very tough tug of war is being fought, but in reality the "Bigguns", a team consisting of 6 very large and muscular guys, dragged "Z Man's Team" consisting of 10 not so very large and muscular, but every bit as determined guys and girls, across the finish line 2 out of three times.

# APPRECIATION DAY

Photos By Lynn Goddard



Ruel Romasanta, Telecommunications Specialist, and Darin Dabell, Information Technology Specialist, gang up on their boss Rick Lambert, Director of Information Management at the Dunk Tank



Branden Coffenberry, son of Theresa, Contract Specialist in Contracting Division and Bill, Chief of the Business Development Office in Mission Operations, aids Magician Wayne Ferguson in performing the magic trick of making Ashley Chappel. lifeguard at the Sierra Pool. float on thin air.



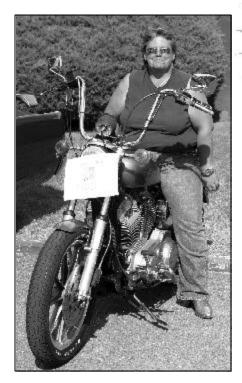
First Place winner Sherei' Underwood, Protocol Officer for the Command Group, proudly poses with her Custom built 1934 Ford Pickup. Sierra Employees voted on cars in three different categories; Custom, Classic, and Sound System.



Dave Potts, the Information Assurance Manager from the Directorate of Information Management (DOIM) aims for a ringer in the Horse Shoe Tournament.



Judges Gene Koehler, Director of Emergency Services, Alice Allison, Director of Resource Management, and last years' winner Kathy Rausch made the difficult selections out of 12 entrants in the Dessert Contest. This years winners were: 1st Place - Carolyn Jemison, (pictured right), Secretary of Emergency Services for her Sweet Potato Pie, 2nd Place - Steve Podhurst, (center), Director of Public Works for his Coconut Cake, and 3rd Place went to Cristina Quesada, (left) Industrial Arts Specialist for her Cherry Cheesecake.



Diana Eakin, Quality Control Materials Handler in the Quality Assurance Office, shows off her 3rd place 1986 883 Harley Sportster. Also placing in the Motorcycle Show n Shine were Gene Koehler, 2nd Place with his 2005 Kawasaki Vulcan 2000, and 1st prize went to Michael Craig for his Volkswagon powered Trike. All car and motorcycle winners were voted on by Sierra Employees.



Belinda Banks, Freight Rate Assistant for the Transportation Division of Mission Operations sits patiently while caricature artist Bob Napolitano sketches her portrait. Bob's Caricature booth was quite popular and had people lined up most of the day to get their portraits sketched.

## **Back To School Safety Tips**

#### Riding the Bus

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus. Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see

you best when you are back away from the bus.

- · Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- · Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!

#### Walking and Biking to School

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

· Mind all traffic signals and/or the crossing guard — never cross the

street against a light, even if you don't see any traffic coming.

- · Walk your bike through intersections.
  - · Walk with a buddy.

Wear reflective material...it makes you more visible to street traffic.

#### Riding in a Car

- · You might have heard before that most traffic crashes occur close to home ... they do.
- Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%.
- · You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.

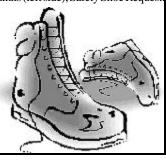
Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.

## **Boot Mobile**

If you wish to recieve a replacement pair of workboots, you must first turn in your old pair of boots in order to recieve your new pair.

The bootmobile will be located at the parking lot across from Building 201 on Tuesday, September 13 from 700 - 1400.

You can find the form to fill out on the Sierra Website. Go to Sierra Homepage, Intranet, Organizations (top left side), Special Staff, Safety, Links (left side), Safety Shoe Request.



### by John Garland

**Environmental Protection Specialist** 

There are many assets Sierra Army Depot relies on to assist with mission operations and support functions. However the Landfill is not one that first and foremost comes to mind. The SIAD Landfill plays an important roll supporting mission activities and overall depot operations.

All of us working on depot contribute to one of many Waste Streams every day, however, there are other tangibles one must consider. A Waste Stream is a term used to identify the type of material to be disposed of. Once removed from the Waste

## Where Does The Garbage Go?

Stream, recycled items can be returned to an official recycling point for turn-in. The cost for this effort can be recovered. It's important to note that Waste Streams can be reduced or eliminated by identifying items that meet the criteria for recycling:

- 1. Reducing the amount of material the depot produces as solid waste. Solid waste is required to be reported to the CA Waste Management Board, and is subject to Tipping Fees.
- 2. By reducing the amount of solid waste placed within the depot landfill, we can extend its operational life. If the landfill gets closed, the depot would be forced to ship solid waste

to an off site facility at a much greater cost. Establishing a new landfill would require a lengthy permit process and would not be financially feasible.

3. Everyone plays a part in managing waste streams the depot produces. The recycling program committee will assess eligibility of waste material for recycling. We must require vendors to package items using recyclable packaging material. Recycling DOES reduce costs in the long run.

We should all remain diligent in our efforts to manage the waste our work areas produce. Be aware of the type of container you're using and dispose of material accordingly. Wood should

be disposed of in the Wood Only containers. The same rule applies to metal and banding. Regular trash containers are for office type waste. Hazardous Waste should be taken to the Hazardous waste turn-in center. Do not try to dispose of hazardous waste in a regular trash container. When the garbage man empties the container, it very well could fall out and cause a hazardous situation. Do not overfill waste containers. Instead, call the work order desk at Public Works x4658 and ask for the container to be emptied. With everyone's assistance, the depot's solid waste and recycling program can and will be a success.



Overloading dumpsters, as seen in this 40 yard open top wood container, can lead to safety issues and road hazards for the Public Works personnel who have the task of removing the wood to the landfill.



When the garbage truck went to empty this dumpster, oil spilled onto the truck and pavement. Since it was unknown what type of oil was spilled, the environmental team was called out to determine if this was a hazardous spill or not. Putting items that do not belong in dumpsters can create extra time and expense to dispose of what should be simple trash.

## Health and Safety

## On The Safe Side

#### By Susan Flesvig Safety Officer

Hello! It's me again, reminding you to stay hydrated during these hot times we're having. Ihope those Mira Cool Bandanas you received at the training session have helped you stay cool. I spoke to you about Heat Stress and the three types of Heat Illnesses - Heat Cramps, Heat Exhaustion and Heat Stroke. Now you remember. . . Heat Cramps are muscle spasms that usually affect the arms, legs or stomach. They usually don't occur until sometime after work or when relaxing. They are caused by heavy sweating and especially when fluids are replaced by drinking plain water. Remember, to replace both fluids and electrolytes. Heat cramps are painful, but usually don't result in permanent damage. Heat Exhaustion is more serious than heat cramps and occurs when your body's air conditioning system is overworked. Originally enlarged blood vessels collapse from loss of body fluids and necessary minerals. This happens when you don't drink enough fluids to replace what you're sweating away. You could experience symptoms such as headache, heavy sweating, dizziness, fatigue, nausea and impaired judgment. Fluids should be replaced by drinking 5-7oz. of liquid every 15-20 minutes even if you're not thirsty! If someone is suffering symptoms of heat exhaustion, they should be moved to a cool location, lie them down with their feet elevated, loosen clothing and apply cool cloths, have them drink water or sports drinks and call 4911. The most severe illness is Heat Stroke. Heat stroke is when your body temperature reaches 103 degrees, there is an absence of sweating, a rapid pulse, difficulty breathing and hot red or flushed dry skin. Heat

stroke if not recognized and treated immediately could result in seizures, convulsions, collapse and loss of consciousness, which could lead to death. It is vital to lower a victim's body temperature, pour water on them, fan them and immediately call 4911. Remember these factors to prevent Heat Illnesses.

·Condition yourself for working in hot environments, start slow, then build up to more physical work.

·Drink plenty of liquids, don't wait until you're thirsty. Electrolyte drinks are good for replacing both water and

·Take a break, cool off for a few minutes before going back to work.

·Wear loose, lightweight, cotton clothing. Light colors opposed to

·Wear a hat, use sunscreen and sunglasses can help too.

Know the symptoms and take action. Stay Cool!

## Union:

(Continued from page 2)

- 3. The email you receive will appear as "SmartDocs@dfas.mil" in the "From" box. Clicking on the link within it isn't, you may enter a personal email address under the "Secure Personal Email Address" area to ensure you will receive the email.
- 4. If you have questions about the Army's implementation of the SmartLES, please contact the below personnel (Point of Contacts):

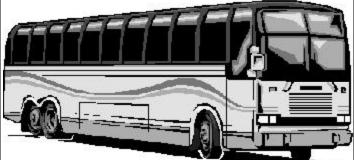
Army: Mr. Juan A. DeJesus, DSN 791-4442, juan.Dejesus@hqda.army.mil

DFAS: Ms. Theresa Kintler, 580-6362. Theresa.kintler@defas.mil

Related link: myPay - https:// mypay.dfas.mil

Union meetings are held on the first Tuesday of each month at bldg. 58 at 5:15 PM, everyone is welcome. Union Office phone is x5375.

## **New Bus Service for Reno Commuters**



The Depot has contracted with Frontier Bus Lines of Reno for transportation to Sierra Monday thru Thursday. The cost for a full 46 passenger bus for depotemployees will be \$203 per month per person. Sierra will be paying the bus company the first \$100 per employee per month. If contractor employees wish to ride, they will be required to pay the full fare. You, the rider will be paying \$103 directly to Frontier in AD-VANCE. You will have to go to the Frontier Offices located at 2050 Glendale, (across the street from Baldinis) or telephone Sara at Frontier ph# 1-800-831-2877 ext 6410 and they will take your credit card information. Sierra will NOT be accepting the fare nor will we be issuing passes. A different colored pass will be issued each

The bus will be stopping at the Lemon Valley Smiths Market and Bordertown.

At Smiths, please park your cars on the farside of the parking lot over by Bank of America.

At Bordertown, you may park in the large dirt area behind Bordertown and the employees parking lot.

You will be parking at your own risk, these places of business will not be responsible for your vehicles.

You can also catch the bus at the start of the route when the bus leaves Frontier at the corner of Glendale and 21st Street. The bus will be pulling out of their parking lot on 21st Street.

We plan on starting the service on 1 September 2005.

We do not know the times of the stops, you will have to get that information when you pay the bus lines for

Only 46 passes will be sold per month, first come, first served. As of this printing, only 12 people have signed up. The checks will not be cashed, nor will the credit card vouchers be sent forward unless the bus service is actually started. If the bus service is cancelled, all monies will be returned.



This September marks the eighth annual National Alcohol and Drug Addiction Recovery Month. According to the US Department of Health and Human Services (DHHS) the purpose of this year's campaign is to 'promote the message that recovery from alcohol and drug use disorders in all of its forms is possible". The theme for this year is "Join the Voices for Recovery: Healing Lives, Families and Communities". The theme is meant to remind communities that helping addicted individuals toward recovery not only helps save lives, it also has a positive impact on everyone throughout the

Recovery Month The Alcohol and Drug Control Officer (ADCO) will have an information booth in the mission area on September 22, 2005 at building 304-break room from 1000 to 1400 in celebration of National Recovery Month. The ADCO will provide Depot employees with additional information about recovery from addictions and give away promotional items. You don't have to wait to ask questions about recovery or seek help, you can call the ADCO at 530 827-4190 anytime for assistance. Recovery from any addiction will allow you to protect the things that you value the most in life (i.e. your job, family etc.).

2005

National Alcohol

## Community Notes-

## Yes Virginia, There is a Post Office in Herlong

#### by Chris Olsen Herlong Postmaster

On Employee Appreciation Day, Toni Brown and Deby Phipps manned a booth for your local post office right here in Herlong. The impression that most stood out in their minds was the number of people who came up to the booth and said, "There's a post office in Herlong?" So, yes, dear readers, we do exist and we're a full-service post office with lots of stamps and teddy bears. Some of our P.O box holders live in Reno and receive their mail here because it's more convenient. We are located in the same building as the Sierra Central Credit Union. After the new fiscal year, we'll have a flag pole and signs so you can find us easier. Please come see us. On another note,

SEND YOUR COLLEGE STU-DENT OR SERVICEMAN A "TASTE OF HOME."

Amidst the parties, sports events, general "hanging out," and, oh yeah, classes, your college student may actually find time to miss home. Most students enjoy receiving a "taste of home" – cookies from home, news from home, and especially money from home. If you want to send your college student a "taste of home," here are some important tips to remember.

## PACK YOUR GOODIES WITH CARE.

Home-baked cookies, cakes and other snacks can be a special treat for homesick college students. To keep your "taste of home" in good shape, select a container that is strong enough to protect your contents during handling. Cushion the contents to make sure they don't move around. Place the delivery address inside the box, just in case. Clearly label the outside of the package, and write on only one side of the box. Use strong filament or reinforced tape for closing and securing the box flaps and seams. Do not use wrapping paper or string, as they may get caught in mail processing equipment and damage the package.

Double-check the mailing address with your scholar (or better yet, check with the school by phone or the Internet). Make sure to use the dorm name, suite number, box number and/or other specific coding and delivery information. Some universities have tens of thousands of students. Help us make sure your gift gets where it should go.

For more tips on successful packaging, or to get packaging materials, including tape, envelopes, padded bags, boxes, mailing tubes and cushioning material. go to your local post

office, or go to www.usps.com and search for "Shipping Supplies."

HELP YOUR STUDENT SAY 'THANK YOU'.

Your college student may want to thank you for your "taste of home," so help them do it right. Use a complete return address on your cards, letters and packages. Include your address suffix (RD, ST, AVE), directional code (N, E, SW) where appropriate, and ZIP code. And consider enclosing a book of stamps or some prepaid, self-addressed cards or envelopes. College life can be hectic. Make writing home "Quick, Easy and Convenient."

You and your student can visit www.usps.com or call 800-ASK-USPS (800-275-8777) for ZIP code information and additional mailing tips.

## **Survivor Summer at CYS**

#### by Lanaya Chapman

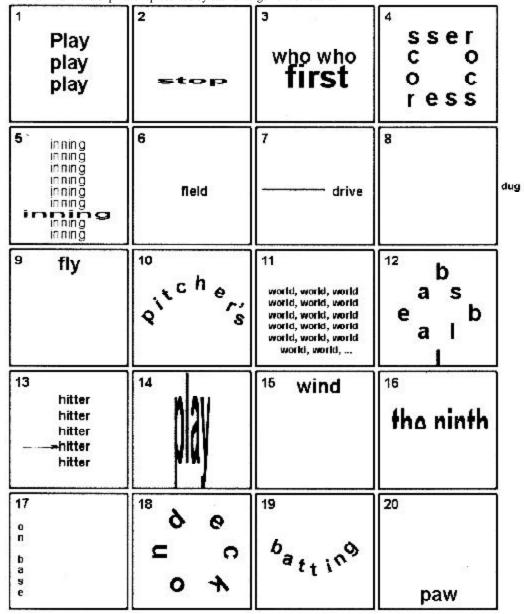
The youth had a BLAST this summer at CYS!! The "Survivor Summer" theme proved to be a good one! We had a total of 16 trips this summer. Our National Kids Day Family Eagle Lake Trip was a huge success. We had over 60 people attend. The youth and their families had a great time riding the ski doo's and swimming in the lake. We also had the boat out and were giving rides on the innertubes. We had awe-some giveaways and a great lunch. This is an annual trip, so don't miss out on it next summer.





## **Baseball Wacky Wordies**

This collection of "Wacky Wordies" is related to the national pastime. The game, as always, is to discover the familiar word or phrase represented by each arrangement of letters.





## Happy Birthday!

CHARLES ALVAREZ KATRINA ARNAUD - BRUCE BRAY - DUSTIN BYINGTON -KEITH BYRD - HOYT CAIN -SCOTT CHAPMAN - SUSAN • COLLINS - MICHAEL COOPER - CHRISTINA CUEVAS - ROB-ERT DANIELS - CHELSEA DEUEL - JOHN DUCASSE - VISA ENDEMANN – BABE FAIN • KELLI FOXWORTHY -BRUCE GEBBEKEN – ELLEN GOODWIN - DMITRIA GREEN - 1 WAYNE GREEN – PILLIP GRIF-•FIN - RALPH HIGGINS -DONNA HINKLE – WILLIAM HODSON-EDWARD HOPKINS -MARGARET HORNER - LEON 9 HUFFMAN - SUSAN HUSTON -ROBERT IDZINSKI – WILLIAM IGO – WILLIAM JACKMAN – BRETT KEITH-GENE KOEHLER - LARRY LARIMER - JAYNE LAWRENCE - JAMES MANATT • -BRIAN MCLARTY - TIMOTHY MILLIGAN - PAUL MIZEUR -MICHAEL MOORE VERONICA MORGAN - PETER : MROS-PAM MURPHY-GREG • OLMSTEAD PADILLA – JOHN PAINE – DAVID POTTS - GEORGE RAY -PATTY RENOLL – SUSAN RITZ - SCOTT RODE - WILLIAM ROWLAND – JONATHON RUMSEY – CLIFFORD SAND-ERS – REBECCA SCOTT – JOHN SKUTT – JUSTIN ST GERMAIN -ROBERT THORN-KIMBERLY TSCHIRHART - DOUGLAS VAN DELDEN – CRAIG VIOLETTE – CARNELL WALKER - JOEY WARE - WILLIAM WILKEY -KEITH YOUNG - CHRISTO-

PHERZAHARA

## **MWR Honors Summer Hires**



Staff from MWR honored the summer hires for their hard work on the recycling program by presenting them with sweatshirts, caps and blankets. Pictured are (back row left to right) William Wilke, William has worked on the summer hire program for 3 years now, but will be entering the Air Force soon, Dustin Byington, from Pocatello Idaho, and Joseph Shipley, graduate of Herlong High School. Front Row (L-R) Rob Harnden and Bob Picco from the training office, Geoff Pruett, first year student of Lassen College, Ryan Marino, first year student of TMCC, Andrew Halsey, Senior, Herlong High School, Heaven Owen, Senior Herlong High School, Edith Higgins, Freshman, Lassen College, Ashley Nasseri Freshman, Lassen College, Nikki Wilson, secretary MWR, Don Cook, material handler, Merle Pendleton, MWR education technician. (Photo by Lynn Goddard)

# MWR Scruces

#### **Skedaddle Inn Meeting Center**

The Skedaddle Inn Meeting Center/Lounge is now open Monday through Thursday, 6:30 a.m. to 5:00 p.m., Thursdays until the last customer leaves. It is also equipped to cater large or small events.

Call the manager at 827-4360 or email: <a href="mailto:skedaddle.inn@sierra.army.mil">skedaddle.inn@sierra.army.mil</a>. Business hours are Monday through Friday, 6:30 a.m. to 5:00 p.m.

## Sierra Lodge/Guest House

Call the depot lodging manager, 827-4544, or email: skedaddle.inn@sierra.army.mil for information. Room rates from \$50.00 - \$60.00 per person.

#### Sierra Bowling Center and Snack Bar

Open Monday through Thursday, 11:00 a.m. to 8:00 p.m. Call 827-4442 for information. Check out the Lunch Specials that are advertised Monday through Thursday. Delivery available on all orders received before 10:30 a.m. Contact the Snack Bar to book your birthday packages and holiday parties early.

**Physical Fitness Center** 

Open Monday through Thursday, 11:00 a.m. to 1:00 p.m. and 5:00 p.m. to 8:00 p.m. Open Friday, Saturday, Sunday from 11:00 a.m. to 1:00 p.m. There is no charge for general use for military and depot personnel. For other authorized patrons, there is a \$2.00 daily charge with special monthly rates available. Regular membership is \$20.00, premier membership is \$40.00. A tanning bed is also available at a rate of \$6.00 per tan or a monthly rate of \$35.00. Use of the Racquetball Courts is only \$3.00 per hour.

Now available - Prepaid orders for custom hats, jackets, and shirts with depot logos.

ITR is available at the Physical Fitness Center. For more information call 827-4655 or email ITR@sierra.army.mil or ok.fem@sierra.army.mil.

## Outdoor and Equipment Rental

New party rental items are now available along with new ATVs. A safety class is required to rent ATVs and Boats. Also don't forget if you have not already taken the State of California test for water craft, now is a

great time to get it done - Warm weather is just around the corner. Books and test are available at the gym during regular business hours - THIS IS A NEW REQUIREMENT TO RENT WATER CRAFT THIS SUMMER. For information call Chris Long at (530) 827-4354 or send an email

Christopher.Long@sierra.army.mil.

#### Laundromat

Open daily, 6:00 a.m to 10:00 p.m. in building 142. Cost for wash, \$1.25 and \$.50 cents with a longer drying cycle. Please call 827-4655 for additional information.

#### **Recycling Center**

Open Monday through Thursday, 6:30 a.m. to 5:00 p.m. Call 827-4504 or email vending@sierra.army.mil to schedule a pick up or service.

#### **MWR Office**

The Administrative Assistant can be reached at (530) 827-4497, Monday through Thursday, 6:30 a.m. until 5:00 p.m., or send an email to ashton.wilson@sierra.army.mil. Business Office is (530) 827-4178 or (530) 827-4609.

